

Use these FAQ to help X-potentially grow your income when selling P90X.†

What sets P90X apart from other fitness programs?

- Muscle Confusion™—the workouts keep changing so your muscles never plateau.
- It's the #1 extreme home fitness program in America, created by the master of motivation, Tony Horton.

What kinds of exercises are included?

- A wide variety of exercise styles is part of what makes P90X so effective, because you never get bored.
- 12 unique workouts including resistance training, bodyweight training, cardio, plyometrics (“jump training”), ab work, martial arts, stretching, and even yoga.

What if I want to focus on weight loss?

- The Classic P90X schedule is a great way to lose weight and get strong.
- If fat loss is your main goal, you can choose the Lean schedule. You'll spend more time on cardio and burn away the fat even faster. The schedule is clearly outlined in your P90X Fitness Guide.

Do you have to be in great shape to start the program?

P90X is an intense program BUT it's also flexible. While we suggest more of a beginner program (such as Power 90®) for customers who are new to exercise, your customers can start at different levels with P90X and work their way up. Plus, the workouts include ways to modify the moves for those who want to lower the intensity. Tony's mantra is, “Do your best and forget the rest,” and that attitude runs throughout the program. It's really about getting started, then sticking with it.

What do customers need to succeed with P90X?

- To do the program, they'll need a set of dumbbells or resistance bands and a pull-up bar.
- Strongly suggested for even better results: P90X Results and Recovery Formula®, P90X Chin-Up Bar, P90X Chin-Up Max, Tony Horton's PowerStands®, Beachbody® Jump Mat, P90X App.

What are the benefits of P90X?

This is an extreme program that'll work just about every muscle in your body to help get you totally ripped and in the best shape of your life. You'll also learn how to eat smart and healthy for a lifetime.

What are Plyometrics and Kenpo?

- Plyometrics are drills designed to connect strength with speed to produce power. Also known as “jump training,” it improves your ability to run faster, jump higher, and maneuver in multidirectional sports.
- Kenpo is a raw, street-fighting style and the first American system of martial arts. Kenpo X provides a high-intensity cardiovascular workout loaded with fun, explosive combinations to improve balance, flexibility, coordination, stamina, and confidence.

When should a customer upgrade to Deluxe?

- For customers who want to maximize their results and reach their goals even faster.
- P90X Results and Recovery Formula was specifically designed to supply added strength, energy, and stamina to help ensure you get the most out of every workout.
- The Chin-Up Bar is designed for a variety of pull-up exercises—perfect for P90X.
- The Chin-Up Max can help people stay motivated by helping them gradually grow stronger.
- Plus, with the Bonus gift, they'll get FREE resistance bands to add resistance for even leaner, harder, chiseled results.

ORDERING P90X

How much does P90X cost?

Base Kit:

One pay: \$119.85 + \$9.89 s&h

Club Member: \$107.87 + \$9.89 s&h

Coach: \$89.89 + \$9.89 s&h—PV: 90.00

90-day money-back guarantee of the purchase price less s&h

Peak Results (Deluxe) Kit:

One Pay: \$269.70 + \$22.25 s&h

Club Member: \$242.73 + \$22.25 s&h

Coach: \$202.28 + \$22.25 s&h—PV: 170.00

90-day money-back guarantee of the purchase price less s&h

Is there a P90X Challenge Pack? What are the details?

Yes! It contains a P90X Base Kit, Shakeology® Home Delivery*, and a 30-Day Team Beachbody® Club Trial.**‡

Here's how to direct your customers to your P90X Challenge Pack specific page:

1. Insert your repID into the link below:

<<http://www.teambeachbody.com/shop/-/shopping/BCPP90X205?referringRepld=yourID>>

2. Copy and paste the link into an email to your customers.

OTHER FAQ ABOUT P90X

Is P90X available in Spanish?

Yes.

Is there a Team Beachbody exclusive offer for P90X?

Yes, two bonus workouts: P90X ONE on ONE® Fountain of Youth (yoga) and Mammoth UML.

What is the P90X App and how can I use it?

The P90X App works in conjunction with the P90X DVD system. You'll get personalized tools for planning and tracking your workouts and progress right on your smartphone. You can even share your amazing results and, of course, Bring It!® absolutely anywhere. Don't have the P90X DVD system? Get it at P90X.com or in the Beachbody Store in the "More" tab of the app.

What should customers do after P90X?

Keep the Muscle Confusion going with P90X2®. It uses the latest sports science training techniques to improve agility, balance, strength, and athletic performance. Train like a pro athlete!

PowerStands is a registered trademark of Tony Horton.

*With Shakeology Home Direct, you'll receive this item every 30 days, shipped directly to your door and billed to the credit card you use today in the amount of \$129.95 a month—only about \$4.33 a day!—plus \$2 Super Discount shipping per item (effective Jan. 7, 2014). You may cancel at any time to avoid future charges by calling Customer Service.

**After your first 30 days, you'll be automatically billed to continue your Team Beachbody Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card you provide today. You can cancel anytime to avoid future charges by calling Customer Service.

†Beachbody does not guarantee any level of success or income from the Team Beachbody Coach Opportunity. Each Coach's income depends on his or her own efforts, diligence, and skill.

‡Offer not valid for current paying Team Beachbody Club members.